

# ADHD BURNOUT WORKSHEET



## **Recognizing Symptoms of Burnout:**

- Chronic fatigue and mental exhaustion
- Struggles with self-care and daily activities
- Communication difficulties
- Heightened sensitivity to sensory input
- Reduced social skills or motivation for interaction
- Decline in executive functions (organization, time management)
- Emotional hypersensitivity and irritability
- Loss of previously acquired skills
- Increased impulsivity and attention difficulties
- Exacerbation of Rejection Sensitive Dysphoria (RSD) and emotional regulation issues

## **Reflect on Your Experience:**

- How have these symptoms manifested in your life?
- Can you reframe them as protective signals from your body?



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## Causes of Burnout:

- **Alexithymia:** Challenges in identifying and expressing emotions.
- **Major Stress Events:** Onset of significant life stressors.
- **Cumulative Stress:** Buildup of smaller, ongoing stressors.
- **Discrimination:** Emotional and mental strain from discrimination.
- **Neurotypical Expectations:** Pressure to conform to neurotypical norms.

## Healing Strategies:

- **Stimming:** Self-stimulatory behaviors for comfort.
- **Unmasking:** Expressing neurodivergent traits freely.
- **Special Interests and Joy:** Engaging in joyful activities.
- **Resting Alone:** Extended and sufficient rest.
- **Supportive Company:** Time with understanding individuals.

## Reflective Questions:

- Have you experienced burnout? What contributed to it?
- How did you previously view burnout? How might that view change now?
- What steps have you taken or could you take for healing?

**Quote to Ponder:** "Healing begins the moment we accept the whisper of our needs." – Maya Angelou, adapted.

**Final Thought:** Our bodies and minds are interconnected. Recognizing and responding to their signals is crucial for our well-being and self-care. This worksheet is designed to aid individuals in understanding burnout, its symptoms, causes, and healing strategies, encouraging reflection and empowerment.

